

RÊVE
HEALTH

RÊVE HEALTH

OPTIMAL FITNESS PROTOCOL

TEST INSTRUCTIONS

BLOOD WORK
SALIVARY CORTISOL
BIOLOGICAL AGE TEST

REVEHEALTH.COM

BLOOD WORK

STEP 1

We will email you your blood work requisition form. You will bring this form with you to your blood draw appointment.

STEP 2

Schedule your blood draw at a LabCorp draw center. You can find a location near you or schedule a mobile phlebotomy service [here](#).

STEP 3

Fast for 12-16 hours before the blood draw, no more or less. For this reason, morning draws are typically easiest. Do not drink caffeine the morning of the draw. Water and herbal tea are okay.

STEP 4

Bring your blood work requisition form and photo ID with you to the blood draw.

STEP 5

Once the blood draw is complete, please send us an email at hello@revehealth.com to inform us when you completed the lab work.

SALIVARY CORTISOL

STEP 1

Open your salivary collection kit. The day before completing the test, place the ice pack in the freezer.

STEP 2

On the day of collection, do not take any supplements specific to adrenal support (other nutrients are okay). Try not to consume caffeine if possible the day of collection. Do not eat or drink anything 1 hour prior to each collection.

STEP 3

Use the small straws to spit into each color coded tube. The colors correspond to the time of day for the collection (see test kit instructions). Fill up each tube 3/4 way full. Bubbles are okay.

STEP 4

Take the first sample 30 minutes after waking. It is helpful to set an alarm the night before for 30 minutes after you're scheduled to wake up. Store the sample in the freezer until you're ready to ship.

STEP 5

Repeat the same process for the remaining sample collections - around noon (before lunch), evening (before dinner), and night (before bed). Store each sample in the freezer after collecting.

STEP 6

When ready to ship, fill out the requisition form and sample collection bag stating the date and times of collection. Put the samples in the provided cooler with the ice pack and ship to the lab with the provided return label.

BIOLOGICAL AGE

STEP 1

Open your test kit. **We have already registered your kit for you so there is no need to register it yourself.** In your kit, you will find a biohazard collection bag, blood collection card, and a blood collection kit containing lancets, alcohol prep pad, band-aid, and gauze strip.

STEP 2

Wash your hands with warm, soapy water and dry them with a clean towel.

STEP 3

It is easier to collect blood when you have increased circulation. Try doing a few jumping jacks, or rub your hands together to heat them up.

STEP 4

Using the alcohol prep pad, wipe to clean your preferred finger for blood collection. Let your finger dry.

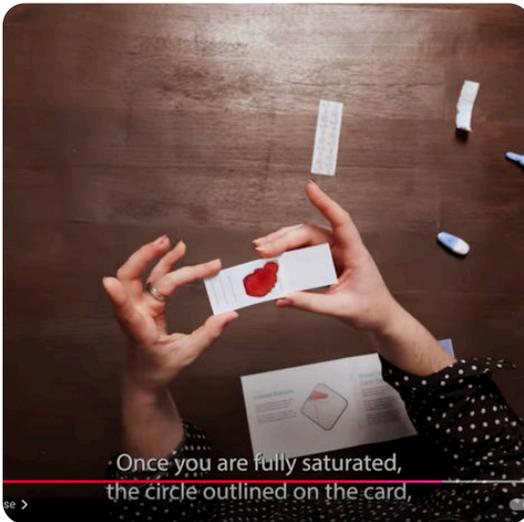
STEP 5

Once the fingertip is dry, twist the lancet blue top to remove the cap. Align the lancet against the tip of your chosen fingertip and press firmly down to activate the internal spring. This will puncture your skin. Wipe away the first drop of blood with the dried gauze pad.

BIOLOGICAL AGE

STEP 6

Using your blood collection card, apply drops of blood starting at the center of the circle until the circle is filled. The lab has a great video online with detailed test instructions [here](#). You can also [book a 15-minute zoom](#) with us if you have any questions!



Blood Spot Card Tips:

DO NOT touch the blood spot card with your finger as this will restrict blood flow.

DO NOT add additional blood to the circle once completed or dry. "Layering" blood will invalidate the collection. Make sure the circle is fully saturated before moving on to the next step. This will take more than one drop of blood.

✔ Correct Application



✘ Incorrect Application

BIOLOGICAL AGE

STEP 7

When blood collection is finished, apply the bandage to your fingertip.

STEP 8

Let the blood collection card air dry completely. Place it in a safe location away from moisture or direct sunlight for at least 3 hours.

STEP 9

Once the blood collection card is dry, tuck the cover of the card into the front of the flap.

STEP 10

Place the blood collection card into the biohazard bag and seal. Place the biohazard bag into your pre-paid FedEx return envelope.

STEP 11

Drop your envelope off at your closest FedEx location or a FedEx drop box. We recommend shipping the same day as collection, or store in the refrigerator until ready to ship. Send us an email to let us know when you mailed it, and the date and time of your collection.

STEP 12

Your test results may take 3-4 weeks. We will email you when your lab results are ready and your report has been finalized. We'll send you a link to schedule your 90-minute Guidance Call. We can't wait to help you optimize your health.

HAVE MORE QUESTIONS?

SEE OUR YOUTUBE VIDEO

A video outlining the biological age instructions is [here](#).

EMAIL US

If you have any questions, please email us at hello@revehealth and we're happy to help you!

BOOK A ZOOM CALL

You are also welcome to book a 15-minute Zoom call to go over any questions you may have, linked [here](#).